

# Safari Resolutions



Be conscious of what you eat; banish your hunger with healthy calories! Certain foods may not be as healthy as you think. Try eating foods that are whole. Whole foods are unprocessed and unrefined, which makes them healthier and much easier for your body to digest. Whole foods typically don't have any added sugar, salt or fat.

Ambrose/Lincoln  
Elementary School  
January 2011

## LUNCH PRICES

Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk/Choice	\$.60
Lactaid Milk	\$.60
Soy Milk	\$1.00
Ala-Carte	\$1.25

## Prepaid Lunch Tickets Available

5 Lunches=	15.00	20 Lunches=	60.00
10 Lunches=	30.00	30 Lunches=	90.00

## Lunch Alternatives

3. Peanut Butter & Jelly Sandwich

4. Peanut Butter & Fluff Sandwich

## 5. Healthy Choice Salad

Served over a bed of mixed greens with tomato wedges, cucumbers, dressing, whole wheat or plain dinner roll, mozzarella cheese stick and the remainder of the meal.



## ALL STUDENT LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk / Strawberry Milk/ Lactaid Milk / 100% Juice/ Fresh Vegetable / Fresh Fruit



*\*If you have a food allergy, please speak to the Director or Lead Server.*

*\*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.*

*\*Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director*

**Kevin Silvia @ 781-721-7033**  
**WE PURCHASE LOCAL!**

Produce is purchased through regional suppliers when seasonably available. Visit [www.Whitsons.com](http://www.Whitsons.com) to see all that we are doing to help save the environment!

**V = VEGETARIAN SELECTION**  
**= HEALTHIER CHOICE**  
**P = PORK PRODUCT**

## MONDAY

- 1. Corn Dogs** <sup>3</sup>  
Breaded corn dogs on a stick served w/bbq baked beans  
Baby Carrots w/Dip  
**2. Chicken Salad on Wheat Fresh Orange**

## 1. Honey Orange Chicken

- Chicken breast served w/ a honey orange sauce. Served w/mashed potatoes & dinner roll  
**2. Chicken Caesar Wrap Mixed Vegetables**

**Martin Luther King Day** <sup>17</sup>

- 1. Chicken Parmesan** <sup>24</sup>  
Breaded Chicken topped w/provolone cheese & marinara sauce served w/ pasta  
**2. Antipasto Salad**  
Cupped Pineapple

## Arroz Con Pollo

- Tender chicken strips cooked w/Spanish rice, onions, peppers & tomato sauce. Served w/ Breadstick  
**2. Pretzel Lunch**

Slice Orange

## TUESDAY

- 1. Gloria's Pizza** <sup>4</sup>  
Whole Wheat Cheese Pizza Slice  
**2. Bagel Lunch**  
Garden Salad  
Ranch Dressing

## 1. Gloria's Pizza

- Whole Wheat Cheese Pizza Slice  
**2. Italian Sub**  
Mixed Salad  
Light Italian dressing

- 1. Gloria's Pizza** <sup>18</sup>  
Whole Wheat Cheese Pizza Slice  
**2. Turkey Pepperoni & Cheese Sub**  
Carrot Sticks

- 1. Gloria's Pizza** <sup>25</sup>  
Whole Wheat Cheese Pizza Slice  
**2. Chicken Ranch Sandwich**  
Celery Sticks w/LF Dip

## WEDNESDAY

- 1. Fajita Chicken** <sup>5</sup>  
Tender strips of chicken, red & green peppers on a soft tortilla then topped w/ lettuce, cheese, salsa.  
Steamed Corn  
**2. Veggie Wrap**

## 1. Pasta Alfredo

- Whole grain pasta served w/ broccoli & Alfredo sauce.  
Bread Stick  
**2. Blt & cheese Wrap**  
Fresh Orange Slices

- 1. Open Faced Turkey** <sup>19</sup>  
Oven roasted turkey sliced over bread topped w/ gravy, seasoned carrots  
**2. Turkey pepperoni & Cheese Wrap**  
Cupped Cranberry

**Early Release**

**All Levels**

## THURSDAY

- 1. Texas Toast Grilled** <sup>6</sup>  
**Cheese & Soup**  
Grilled cheese on Texas toast  
Served w/ chicken & rice soup  
**2. Chicken Ranch Sandwich**

Romaine Salad

## 1. Nacho Lunch

- Mexi-beef, served over nachos w/ shredded cheese & salsa  
Steamed Green Beans  
**2. Greek Salad**  
Mixed Fruit Cup

## 1. Brunch For Lunch

- Pancakes w/syrup served w/tator tots & sausage patty  
**2. Egg Salad on a wheat roll**  
Cupped Mixed Fruit

## 1. Cheeseburger Sliders

- Mini burgers served topped w/cheese & served w/sweet potato fries  
**2. Salami & Cheese Wrap**  
Celery Sticks w/ Ranch

## FRIDAY

- 1. Gloria's Pizza** <sup>7</sup>  
Cheese Pizza slice  
**2. Turkey & Cheese Wrap**  
Caesar Salad  
w/parmesan cheese & croutons

## 1. Gloria's Pizza

- Cheese Pizza slice  
**2. Ham, Turkey Bacon & Cheese Wrap**

## 1. Gloria's Pizza

- Cheese Pizza slice  
**2. Chicken Caesar Wrap**  
Mixed Green Salad  
Honey Mustard Dressing

## 1. Gloria's Pizza

- Cheese Pizza slice  
**2. Ham & Turkey Wrap**  
Mixed Salad w/LF



**Fruit of the Month**



**DID YOU KNOW?** Most products sourced by Whitsons have 0 Trans Fats - Milk & Chicken Products are hormone & antibiotic free - All dressings & ketchup are all natural, with no artificial ingredients & no HFCS (high fructose corn syrup) - All condiments are low fat - Teriyaki sauce & soy sauce are low sodium - Sliced bread, hamburger buns & hot dog buns are 100% w. grain & contain no HFCS - Breads, tortilla wraps, taco shells, nacho chips, panini bread, all natural frozen yogurt, teriyaki sauce, soy sauce & all condiments are free of any partially hydrogenated oils & HFCS - Yogurt is 100% all natural & contains no artificial ingredients - Breakfast items have no trans fats, HFCS or artificial colors - Pancakes & waffles are w. grain & contain no artificial colors or flavors - All pasta is Barilla w. grain - All rice is brown - Pizza crust at secondary level is whole grain; elementary level is whole wheat - Tuna is dolphin safe & packed in water - Canned fruits are packed in natural juice only, no syrup - Fresh fruits & fresh/frozen veg. will be used when gov. commodity not available - All cheese is low fat - Donuts & breakfast pastries have no trans fats, artificial colors or flavors - Fish sticks have whole grain breading - Flavored milk contains no HFCS